



Striped Ice Cream Cake

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



1440 min.

SERVINGS



36

CALORIES



130 kcal

Ingredients

- 1 cup blueberry jam
- 2 pints whipped cream softened
- 2 pints raspberry sorbet softened
- 1 pint peach sorbet softened

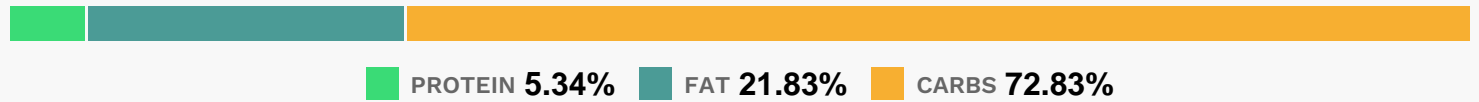
Equipment

- plastic wrap
- baking pan
- cutting board

Directions

- Line a 9-by-13-inch baking dish with plastic wrap.
- Place half the baked angel food cake in bottom of dish.
- Spread jam over top.
- Spread ice cream over jam. Freeze until firm, about 1 hour.
- Spread raspberry sorbet over ice cream layer. Freeze until firm, about 2 hours.
- Spread peach sorbet over raspberry layer; top with remaining angel food cake. Wrap in plastic wrap; freeze overnight.
- Remove plastic from top of cake, and turn out cake onto a cutting board; unwrap, and trim edges. Slice cake, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:3.22, Glycemic Load:7.19, Inflammation Score:-1, Nutrition Score:1.3539130558138%

Nutrients (% of daily need)

Calories: 129.57kcal (6.48%), Fat: 3.1g (4.76%), Saturated Fat: 1.79g (11.16%), Carbohydrates: 23.24g (7.75%), Net Carbohydrates: 22.2g (8.07%), Sugar: 17.65g (19.61%), Cholesterol: 11.57mg (3.86%), Sodium: 50.47mg (2.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.7g (3.41%), Fiber: 1.04g (4.15%), Vitamin B2: 0.07mg (4.13%), Calcium: 35.54mg (3.55%), Phosphorus: 29.4mg (2.94%), Vitamin A: 110.67IU (2.21%), Vitamin B12: 0.1µg (1.71%), Potassium: 59.58mg (1.7%), Vitamin B5: 0.15mg (1.55%), Zinc: 0.19mg (1.25%), Vitamin C: 0.99mg (1.2%), Magnesium: 4.06mg (1.01%)